

## FOUR KEY MOVES



In edition 47 – we looked at run training “the right way” and how you could improve your running to make it a real weapon in your chosen pursuit. This edition we are going to look at what else you really need to do to run well. Specifically, how do you become stronger, more aware, and less prone to injury and over time an even more efficient runner?

Firstly though, a brief update on my own recent running experiences. Sadly no updates to my PB list here. In April I competed in the London Marathon, this was a relatively quick decision due to my disappointing Tokyo Marathon and my last chance to make the Olympics in Rio.

Here is an extract from my race report “Between here and 21 kilometres the wind was ferocious – It was definitely the worst running conditions I'd been in for a major race. We were unlucky and fact is that hour was the worst hour of weather in my entire 10 days in London day or night! Even an hour later it had improved and when walking home watching the latter stages of the run it was actually ideal running weather. As I neared London Bridge I was confident I was still on schedule and after the very tough running in that first 20 kilometres I was happy enough with that, I was now again in a pack and we crossed the bridge, about 10 of us, all seemingly in relative control. Once we made the right turn for quite a long out and back section including Canary Wharf we hit the halfway point and it was here I found out that I was in fact about a minute behind where I wanted to be.

Now that's really not much, but everything fell apart right there and then. I knew because of how hard I'd worked a negative split was impossible and it was still very gusty and cold. An immense disappointment attacked me from every possible direction, some point soon after, a few tears likely, the reality was, I would not make a time good enough to make the Olympics.

The last 15 kilometres of this race was a flood of emotions, vivid flashes of parts of my last 12 months came in and out of my thoughts and I just ran. I ran only for me and with a sense of dogged determination and in that last few kilometres still a sense of pride and achievement too. I had managed to start to gain strength too running a 3:06/ kilometre in the last few kilometres but I didn't care for the time at all, just to finish.

So that's that! I was on a flight that night back home to my beautiful wife and two furbabies. I landed in Sydney the day after Anzac day, driving a further 3 hours to my home in Newcastle. Dealing with the disappointment was difficult enough – I really felt that in those last two races I wasn't able to achieve what I'm capable of and what I had. The fire still burns though and after a number of weeks of less training, a bit of a break and some time to catch up on other aspects of my daily life, I'm back doing some great training with the goal still firmly set on the World Athletics Championships in London in 2017.

My focus too is expanded and over the next 12 months I'm really excited about not only taking part in some major road running events but also some large off-road running events.

Amongst all of that, I've been fortunate enough to be a part of the team that has created the upcoming iTrail Run Glenrock, in October whilst with Runlab we are continuing to evolve and provide the leading training to our running groups. Next edition I'll be sharing the key training tips required for running to your potential off-road and how you train to be your best for this. But now let's focus on the strength and awareness tips that will help any runner.

## Becoming a more efficient runner!

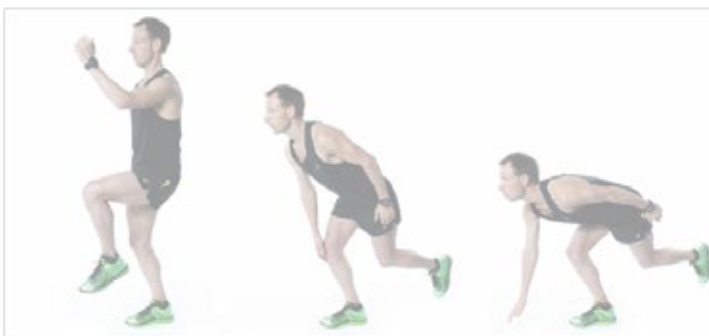
What does this mean? Well, breaking it down you are trying to get from point A to point B in the shortest time possible. BUT as a runner you want to do that time and time again – meaning you are not injured and hopefully you eventually run between those points faster. Last edition we looked at the actual running you can do to get faster – Now let's look at 4 Key exercises to become a more efficient runner. The first three of these exercises are part of our regular RUNSTRONG program – a dynamic functional strength class for runners, which I have developed with leading strength and conditioning coach Adam Clarke from Up N Adam Performance Training

### 4 key moves to master

#### Runners Touch

This is a great exercise to do within any strength routing as a runner. It allows you to work one side of the body at a time and makes you aware of any possible imbalances between one side and the other.

- Look forward and balance on one leg ensuring your core is switched on.
- Bend at the hip and touch the toe that's on the ground with the opposite hand whilst the leg in the air rotates under and back.
- Come back to the starting position remaining balanced,
- Pause for 1-2 seconds and repeat up to 15 repetitions on each side aim for 3 sets.



#### Bosu Twist/Twist Touch

Similar but more advanced than "Twist Twist Touch" because of the instability • creating better awareness of deep core muscles Develops and engages core muscle group critical for maintaining good running posture and form allows ability to re-align (good for trail runners). To perform this exercise:

- Start seated on bosu approximately 2 inches from black rim on the edge
- Lean back onto ball (should feel comfortable)
- Keep chest parallel to ceiling
- Arms crossed across chest
- Raise legs to 90 degrees

- Rotate both hands across to touch bosu on the left side and return to centre, pause and repeat across to the left, continue using a ratio of 1:1



#### Band Power Jump

This exercise is extremely beneficial in increasing both the awareness and ability of runners to remain upright whilst running and not "bent" at the hips. It forces you to engage your core under serious loading and makes you aware of good posture for upright running, forcing you to work against resistance

- Walk back to ensure resistance on band
- squat position
- Shoulder blades back
- Arms in front
- Complete explosive power jump
- Return to start position with soft knees



#### A Skip March

The aim over time is that this will help you transition towards being nice and upright, having a nice even and relaxed arm swing, being nice and light on your feet and more aware of where your foot lands in relation to your hips. The key to performing the drill correctly is to ensure that you are hitting the ground under hips with forefoot whilst the point of impact is also in a scraping motion. Start this drill in a march driving up, out and back. More advanced runners can add a bound into the motion making it more dynamic.



Incorporate the first 3 key moves into a weekly strength routing and the A Skip March as part of your dynamic warm-up before one of your harder weekly runs and see the difference. You will become more aware about your body's strengths and weaknesses and the important cues that you can begin focussing on in your running like being even, relaxed and upright. The whole focus = becoming more efficient.



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